

Technology: Candy Gibbs

New Stats from Pew Research Re: Parental Controls (Jan 2016)

*61% of parents say they have ever checked which websites their teen visits.

*60% have ever checked their teen's social media profiles.

*56% have ever friended or followed their teen on Facebook, Twitter or some other social media platform.

*48% have ever looked through their teen's phone call records or text messages.

*In addition, nearly half (48%) of parents know the password to their teen's email account, while 43% know the password to their teen's cellphone and 35% know the password to at least one of their teen's social media accounts.

*39% of parents report using parental controls for blocking, filtering or monitoring their teen's online activities.

*16% use parental controls to restrict their teen's use of his or her cellphone.

*16% use monitoring tools on their teen's cellphone to track their location.

*94% of parents say they have ever talked with their teen about what is appropriate for them to share online, with 40% doing so frequently.

*95% have ever talked with their teen about appropriate content for them to view online, with 39% doing so frequently.

*95% have ever talked with their teen about appropriate media to consume (such as TV, music, books, magazines or other media), with 36% doing so frequently.

*92% of parents have ever spoken with their teen about their online behavior towards others, with 36% doing so frequently.

Great sites with general technology safety:

www.theiphonemom.com

www.theonlinemom.com

www.connectsafely.org

www.securemom.com has a really good internet safety checklist

Web-browsers that have parental protection and filtering:

**K9 Web Protection Browser By Blue Coat Systems, Inc.

It's free, <http://itunes.apple.com/us/app/k9-web-protection-browser/id407657840?mt=8>

****Mobicip Safe Browser with Parental Controls**

This is \$4.99 and had positive reviews. If you want to customize the filtering you have to pay for a subscription service at \$9.99 per year.

<https://itunes.apple.com/us/app/mobicip-safe-browser/id299153586?mt=8>

****Qustodio is parental control designed for today's busy, web-savvy parents. No hardware, no complicated setup—just a simple, web-based dashboard that gives you the info you need at a glance. Whether your kids use the family computer, personal laptop, tablet, or mobile phone, Qustodio is there to set healthy limits, block questionable sites, and keep kids safe. You'll see the apps your kids use, the searches they conduct, the social sites they visit, and the people they hang out with online.**

<https://www.qustodio.com>

Programs that will allow you to see the phone calls and text messages your child is sending:

<http://www.mobile-spy.com>

<http://www.mymobilewatchdog.com>

Here is program to help you track social media. You link your children's accounts to it and the program will send you reports on risky behavior and flags inappropriate language. Obviously having access to your child's account would eliminate the need for this, but you may find this helpful.

<http://www.socialshield.com>

How to set-up parental controls:

Apple Devices: <http://netsecurity.about.com/od/frequentlyaskedquestions/a/How-To-Setup-Parental-Controls-On-An-Ipad-Ipod-Touch-Or-Iphone.htm> or

<http://www.common sense media.org/blog/how-to-set-parental-controls-on-the-iphone>

Kindle/Kindle Fire: <http://www.amazon.com/gp/help/customer/display.html?nodeId=201239620>

Netflix: <https://help.netflix.com/en/node/264>

Android: <http://mamabearapp.com/parental-control-apps-android/>

****Take the time to research for yourself what device your child has, what parental controls are available. No parental control is fool-proof (our kids are smart), we need to be the ones monitoring, not the device.**

Two Free E-books from Covenant Eyes:

Protecting Your Family Online -- <http://www.covenanteyes.com/learn-to-protect-your-family-with-this-free-how-to-guide/>

Parenting the Internet Generation - <http://www.covenanteyes.com/parenting-the-internet-generation/>

TO DISABLE SAFARI: Go to Settings/General/Restrictions (which should be turned on), enter your passcode, then simply turn off any apps you choose. Turn off Safari.

Scary Technology Trends for Teens:

***Snap Chat**

This iPhone app allows users to send photos that will "self-destruct" within 10 seconds, encouraging kids to feel more comfortable "sexting" with peers. Once the recipient opens the pic, the timer starts and the image destructs once the time has expired. This app gives kids a false sense of security in sending inappropriate pictures or texts; however, damage can still be done within a specified time frame. Talk to your child about the dangers of sending risky photos. The recipient is able to take a photo of their screen with the text is showing. This creates a problem when that recipient forwards or shows others.

***Chatroulette**

Log into the site and people are randomly connected -- over video, audio, and text -- with another person logged into the site.

Texas Attorney General Greg Abbott has issued a consumer alert warning parents to keep their children away from video chat Web site Chatroulette.

One estimate, from the Texas Attorney General's investigation

(<http://www.dallasnews.com/sharedcontent/dws/news/texasouthwest/stories/030810dnnatchatroulette.18a0...>) is that nearly half of the people found on the site were behaving in inappropriate ways. Just what you would want your middle schooler to be party to, I'm sure.

An analysis of Chatroulette traffic earlier this year by RJMetrics provided the following results: 89% of single people were male, 11% female. In fact, you are more likely to encounter nobody at all than a single female, and twice as likely to encounter a sign requesting female nudity than you are to encounter actual female nudity

1 in 8 sessions result in something R-rated or worse, including explicit nudity, and lewd act.

***Puff or Blow Skirt**

Beware Peeping Toms! Although these apps are not full nudity, your children can blow a lady's dress up ... literally. Once downloaded, the user can blow into the microphone or use a swiping motion to lift the skirts of girls in pictures. While most are wearing underwear, it still sends the wrong message. Do we really want our children participating in something like this as a joke or to pass the time?

***Poof**

by Cydia. With one touch, Poof makes apps disappear before parents' prying eyes, allowing young users of "jailbroken" iPhones to virtually hide apps they don't want you to see. All your little tech genius needs to do is open Poof and select which app he or she wants hidden, and you'll never know it's there.

***KiK Messenger**

This kicky app for all types of smartphones is a mini social network. Similar to iChat or Google Chat, users can talk to multiple people, upload pictures, files and even send built-in greeting cards or sketched pictures. The reviews read like dating ads, with users looking to get to know more people. This app has become a way for teenagers to sext with strangers. Make sure you talk with your kids about the dangers of "meeting" people online!

***Yik Yak**

A relatively new gossip app called Yik Yak (free) allows users to anonymously post news, shout-outs, and jokes for people in a set radius to read. The scary side effect is users anonymously posting cruel comments about their peers — from calling a classmate a derogatory term to wishing them dead. Though the app is intended for people ages 17 and older, middle and high school students have found their way onto it and are using it to bully their peers. One student even took to New York Magazine to write about the effect the app has had on his classmates, saying it brought his high school to a halt. (PopSugar Moms, 2015)

***After School App**

Ominously, the app's tagline says it provides "funny anonymous school news for confessions and compliments." That alone should be enough to set parents' alarm bells ringing. The entire app revolves around anonymous and private message boards for any given school. Messages can take the form of videos, pictures, or regular text. Anyone in a school can see all the messages posted, and users are not identifiable in any way unless they reveal personal details within a message. (Makeuseof.com, April 2016)

***Hashtag #ThighGap**

It's had such dangerous repercussions that it's been blocked by Instagram, but the trend is alive and well on Twitter. Even more frightening? A quick search of #ThighGap resulted not only in girls sharing their scarily skinny selfies, but also news outlets promoting weight-loss stories on the topic. Mixed messages, much? (PopSugar Moms, April 2015)

***Hashtag #Frail**

It's no surprise that Instagram and other photo-sharing sites serve as sounding boards for adolescents suffering from body image issues. Do a quick Instagram search for photos tagged with "#Frail," and you'll be appalled at what (mostly) girls are sharing. One photo included the comment "Still in my pajamas and still in bed but here's a belly check. Still fat," along with hashtags for "anorexia," "bones," and "bodycheck." (PopSugar Moms, April 2015)

***Secret-Sharing Sites**

The addiction that comes with reading complete strangers' deepest, darkest truths is understandable. But for impressionable tweens and teens, sites like PostSecret and Whisper can be dangerous confessional outlets and sources of inspiration for unhealthy and unsafe actions. (PopSugar Moms, April 2015)

Texting Slang Terms Every Parent Should Know...

- ASL(RP) Age Sex Location (Race/Picture)
- BF/GF Boyfriend/Girlfriend
- BRB Be Right Back
- CD9 Code 9 – means parents are around
- GNOC Get naked on cam (webcam)
- GTG Got to go
- IDK I don't know
- (L)MIRL (Let's) Meet in real life
- LOL Laugh out loud
- MorF Male or Female
- MOS Mom over shoulder
- NIFOC Naked in front of computer
- Noob Newbie
- NMU Not much, you?
- P911 Parent emergency
- PAW Parents are watching
- PIR Parents in room
- POS Parent over shoulder
- PRON Porn
- PRW Parents are watching
- S2R Send to receive (pictures)
- TDTM Talk dirty to me
- W/E Whatever
- WTF What the f...
- GNRN Get naked right now
- FMH F...me harder
- IWS I want sex
- IIT Is it tight?
- Q2C Quick to come
- RUH Are you horny?
- SorG Straight or Gay
- JO J... off
- YWS You want sex
- WYCM Will you call me?